



DEPARTMENT OF THE NAVY  
BUREAU OF MEDICINE AND SURGERY  
2300 E STREET NW  
WASHINGTON DC 20372-5300

IN REPLY REFER TO  
BUMEDNOTE 6100  
BUMED-M09B11  
17 Feb 2010

BUMED NOTICE 6100

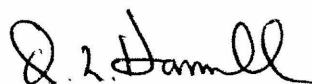
From: Chief, Bureau of Medicine and Surgery  
To: All Internal BUMED Codes

Subj: SPRING 2010 PHYSICAL FITNESS ASSESSMENT

Ref: (a) OPNAVINST 6110.1H

1. Purpose. Per reference (a), the Bureau of Medicine and Surgery (BUMED) will be conducting its semiannual Physical Fitness Assessment (PFA) from 3-7 May 2010.
2. Cancellation. BUMEDNOTE 6100 of 18 Aug 2009.
3. Scope. All BUMED personnel will participate in the PFA, excluding members with less than 10 weeks onboard, medically excused, or currently temporary additional duty.
4. Responsibilities
  - a. BUMED codes, Leading Chief Petty Officers, and Leading Petty Officers will submit names of individuals who decide to take the swim option to the Command Fitness Leader, HMCS Hickey, by e-mail at: [Charles.Hickey@med.navy.mil](mailto:Charles.Hickey@med.navy.mil) by 16 April 2010.
  - b. Command Fitness Leader and Assistants will:
    - (1) Ensure all individuals complete the Risk Factor Questionnaire no later than 9 April 2010.
    - (2) Ensure all individuals' physical health assessments are current.
    - (3) Complete body composition assessment (BCA) on all personnel no later than 6 May 2010.
    - (4) Ensure members who exceed the required BCA per reference (a), be referred to medical for screening and evaluation prior to scheduled PFA.
    - (5) Enter the PFA results using the Navy PFA database program, and submit a hard copy to the Chief of Staff no later than 11 June 2010.
5. Information. This event is an official semiannual PFA. Members are encouraged to begin preparing now. The uniform for the BCA and PRT will be the Navy physical training uniform (PTU).

- a. Personnel reporting with less than 10 weeks onboard are required to complete the BCA.
  - b. BCA will be taken on all members. Medical waiver recommendations from participation in BCA shall only be issued for members who are recuperating from a medical or surgical condition that interferes with accurate and valid measurement. Inability to exercise is not a valid excuse for BCA waiver.
  - c. Pregnant servicewomen shall not be required to meet physical readiness test and BCA standards from the time the pregnancy is confirmed until 6 months following delivery.
  - d. Medical waivers from participating in all or part of PFA or physical conditioning are not waivers from other specified parts. For example, members waived from push-ups and curl-ups must participate in sit-reach, cardiovascular fitness assessment, and BCA.
  - e. Medical waivers must be completed and submitted no later than 16 April 2010 to the Command Fitness Leader.
6. BCA Schedule. The following schedule will be used for all BCAs: 19 April-6 May 2010. The BCAs will be conducted from 0730-0830 in building 2, Rotunda.
7. PRT Schedule. The PRT will be conducted on 3-7 May 2010. There will be two sessions daily, 0830 and 1300. Muster in Rotunda.
8. Make-up PRT. The make-up dates will be 10-14 May 2010, at the same place and time mentioned above. The make-up PRT is only available to members TAD during the official PFA schedule of 3-7 May.
9. Swim. Personnel desiring to complete the swim will take their PFA at 1300 on 10-11 May 2010 at the Fort Belvoir indoor pool.
10. Elliptical and Bike. Personnel desiring to use the elliptical or bike must contact the Command Fitness Leader for an appointment by 16 April 2010. Personnel using the elliptical or bike must complete their BCA 24-30 hours prior to performing their PRT.



D. L. HAMMELL  
Chief of Staff  
Acting

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